

Promoting Cardiovascular Health In Texas



Strengthen the Heart of Texas

South Padre Island
August 23-25
Sheraton Fiesta Beach Resort

Target Audience

This activity is designed for physicians, nurses, health educators, social workers, dietitians, and other health professionals in both the public and private sector who are interested in the prevention and control of cardiovascular disease at individual, community, regional, or state levels.

Educators, DARE instructors, law enforcement, human resources administrators, and other community members interested in promoting health lifestyle choices may also want to attend.

Goal

The goal of this conference is to mobilize health care and other professionals to initiate and expand cardiovascular disease (CVD) prevention activities in their communities. Participants will be provided with the latest research on factors that influence the development of CVD, innovative

ideas for integrating CVD prevention activities into their practices, and methodologies for evaluating CVD prevention efforts.

Hotel Reservation Information

Sheraton Fiesta - South Padre Island Beach Resort
310 South Padre Blvd.

South Padre Island, Texas 78597

Phone (956) 761-6551

Room Rates:

\$70 single/\$95 double August 22-24

and \$110 single/double for standard rooms August 25-27, 2000

Make your room reservations by July 22, 2000 to receive this rate.

State that you are with the CVD Conference!

Cardiovascular Disease Conference Program Overview

Wednesday, August 23, 2000

- 9:00 a.m.-1:00 p.m. Registration
- 1:00 p.m.- 1:30 p.m. Welcome and Introductions
- Philip Huang, MD, MPH, Chief
Bureau of Disease, Injury and Tobacco Prevention
- Brian Smith, MD, MPH, Public Health Regional Director
Texas Department of Health, Region 11
- 1:30 p.m. - 4:00 p.m.
(Break at 2:30) Opening Session and Plenary
Each speaker will give a 40 minute presentation to support their topic area being the number one risk factor for cardiovascular disease
- Physical Inactivity**
Physical Activity as a Health Issue
Steven Blair, PED, Coopers Aerobic Institute (confirmed)
- Tobacco**
Tobacco as a Health Issue
Jeffrey Wigand, PhD, SmokeFree Kids, Inc. (confirmed)
- Obesity**
Obesity as a Health Issue
Michael Goran, PhD, Institute of Prevention Research, University of Southern California, Los Angeles, California (invited)
- 4:00 p.m.-5:00 p.m. Panel Discussion and Questions
- 5:00 p.m.-5:15 p.m. Review of conference and housekeeping items

Thursday, August 24, 2000

- 8:30 a.m.-5:00 p.m. Breakout Sessions

Friday, August 25, 2000

- 8:30 a.m.-10:00 a.m. Plenary Session
Determinants of Youth Risk Behavior in Relation to Cardiovascular Disease
Guy Parcel, University of Texas Health Science Center, Houston
Steven H. Kelder, PhD, MPH, University of Texas Health Science Center, Houston
Deanna Hoelscher, PhD, RD, UT School of Public Health, Houston
- 10:00 a.m.-10:30 a.m. Break
- 10:30 a.m.-11:30 a.m. Introduction of the Texas Council on Cardiovascular Disease and Stroke
- 11:30 a.m.-12:00 noon Call to Action
- 12:00 Adjourn

Breakout Sessions

Thursday, August 24, 2000

Time	Obesity - Session A	Tobacco - Session B	Physical Activity - Session C
UNIT 1 8:30 - 10:00 am	<i>Research</i> What the Research is Telling Us about the Effectiveness of Behavioral Methods for Obesity Prevention and Treatment Kenneth Goodrick, PhD Baylor University, Houston	<i>Research/Evaluation</i> Evaluating the Impact of Tobacco on Youth and the Effectiveness of Tobacco Prevention Programs Gail Sneden, MA University of Texas, Austin Wic Warren, PhD, Centers for Disease Control & Prevention, Atlanta, Georgia	<i>Research</i> Research Issues for Physical Activity <i>Behavioral Determinants for Physical Activity</i> Ruth Ann Carpenter, MS, RD, LD, Cooper Aerobic Institute, Dallas
10:00-10:30 am	Break	Break	Break
UNIT 2 10:30 - 12:00 p.m.	<i>Clinical</i> Obesity Prevalence and Treatment in Children and Adolescents Laura Laine, MEd, RD, LD Nutrition & Gastroenterology Clinic, Texas Children's Hospital, Houston	<i>Community</i> Empowering Community Partnerships to Address Local Tobacco Issues Kim Steege, Texas Department of Health, Austin Dora del Toro, MA, Texas Department of Health, Harlingen Rebecca Zima, Texas Department of Health, El Paso	<i>Evaluation</i> Evaluating for Cardiovascular Disease Outcomes Evaluation for Physical Activity at the Worksite Rob Rager, PhD, Texas Women's University, Denton Preventive Counseling in Texas Ken Condon, Texas Department of Health, Austin
12 -1:30 p.m.	Lunch on your own	Lunch on your own	Lunch on your own
UNIT 3 1:30 - 3:00 p.m.	<i>Community</i> The Scientific Rationale for Focusing on Lifestyle Rather than Weight Loss in Health Promotion Joanna Ikeda, MA, RD Department of Nutritional Sciences, University of California, Berkeley	<i>Policy</i> Environmental Change for Effective Tobacco Control Steven Tobias, M.Ed. American Cancer Society, San Antonio Barry Sharp, MSHP, EMT, CHES, Texas Department of Health, Austin Carter Headrick, Campaign for Tobacco Free Kids, Austin	<i>Clinical</i> Clinical Approaches for Cardiovascular Disease Prevention Put Prevention Into Practice (PPIP) Michele Murphy Smith, PhD, RN,RD, University of Texas, Austin Walk Texas Healthcare Provider Guide Robin Atwood, PhD, University of Texas, Austin Stroke Prevention and Heartcare Partnership Bob Hillert, Jr., MD, Texas Medical Association, Dallas
3-3:30 p.m.	Break	Break	Break
UNIT 4 3:30 - 5:00 pm	<i>Public Policy</i> The Role of Government and Food Industry in the Increasing Prevalence of Obesity in the United States Margo Wootan, DSc Center for Science and the Public Interest, Washington, DC	<i>Clinical</i> Texans at Risk: Reducing Exposure to Secondhand Smoke Philip Huang, MD, MPH, Texas Department of Health, Austin Donna Bacchi, MD, MPH, Department of Pediatrics, Texas Tech University Health Sciences Center, Lubbock	<i>Community</i> Community Programs for Cardiovascular Disease Prevention CATCH/School Health Index Peter Cribb, MEd, UT School of Public Health Walk Texas Martha Simien, Beaumont Public Health Department

Continuing Education Credits:

The event planning committee will submit an application to provide Category I Contact Hours to the Society for Public Health Education (TSOPHE). TSOPHE has been designated as a provider of Continuing Education Contact Hours by the National Commission for Health Education Credentialing. The cost is \$3.50 per hour payable at the conclusion of YOUR attendance at the conference. The cost of these contact hours is in addition to the registration fees.

The Texas Department of Health Public Health Nursing Continuing Education Service is accredited as a provider of continuing education in nursing by the American Nurses

Credentialing Center's Commission on Accreditation. Display of merchandise or the availability of promotional materials (pens, notepads, etc. with company logos) does not constitute endorsement by the American Nurses Credentialing Center's Commission on Accreditation (ANCC), or the Texas Department of Health.

Continuing Education Credit for social workers will be available as outlined in Texas Administrative Code, Title 22, Part XXXIV, Chapter 781, Subchapter E.

The cost is \$15.00 per certificate and is payable to TPHA. These costs are not included in the registration fee.

CEU's for Registered Dietitians will be available for the Plenary and Obesity Sessions only.

Registration Information

Registration by Mail Encouraged-Space is Limited-No Refunds

*Registration Fee: \$125 per registrant if postmarked by August 15, 2000
 \$150 per registrant if postmarked after August 15, 2000
 On-Site Registration is **NOT** guaranteed.*

Please print the following information:

Name: _____

Company/Agency: _____

Mailing Address: _____

City, State, Zip: _____

Phone: () Fax: () E-Mail: _____

" Check or Money Order Enclosed. *****Credit cards NOT accepted.*****
 Texas Public Health Association Tax ID #74-6058233

Purchase orders will be accepted. Please submit proper documentation with registration form if using a purchase order.

Please mail check and registration form to: TPHA/Cardiovascular Disease Conference
 P.O. Box 201540
 Austin, Texas 78720-1540

If you have registration questions call: Terri Pali at (512)451-1846 (phone & fax)
 E-mail: Txpha@aol.com

To assist us in making meeting room assignments, please complete the following:

I plan to attend the following:

Unit 1	" Session A	" Session B	" Session C
Unit 2	" Session A	" Session B	" Session C
Unit 3	" Session A	" Session B	" Session C
Unit 4	" Session A	" Session B	" Session C

*Texas Public Health Association
P.O. Box 201540
Austin, Texas 78720-1540*
